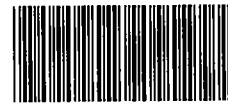


ORIGINAL

**Fish Health Advisory Page****Health Advisories**

SDMS DocID

2241248

Fishing is an important activity in Delaware's inland and coastal waters. Among the benefits provided by fishing are quality recreational opportunities, direct and indirect input to the local economy, food for recreational anglers and food for the commercial marketplace.

Fish are a good source of readily digestible protein, they are low in fat and sodium, and the unique type of fats found in fish are believed to provide cardiovascular benefits.

Despite the general benefits of fishing and fish consumption, there has been a growing concern regarding the presence of chemical toxins in the flesh of finfish and shellfish taken from Delaware waters and the associated health risk to anglers and their families who consume their catch. The existence of chemicals in the edible portion of some fish has resulted in the public advisories listed in the table below. These advisories are as a result of joint action taken by the Department of Natural Resources and Environmental Control and the Department of Health and Social Service's Division of Public Health. The advisories were deemed necessary because of the nature of pollutants such as polychlorinated biphenyls (PCBs). Even when present in the water in extremely small amounts, some chemicals tend to build up over time in fish tissue because fish can absorb and concentrate contaminants from food they eat, or to a lesser extent, directly from the water. The amount of contaminants fish accumulate depends on the species, size, age, sex, and feeding area of the fish. Generally speaking, older larger individual fish accumulate the most contaminants, although in some cases contaminants are shed each time the fish spawn. Since fish accumulate many contaminants in their fatty tissues, certain species with higher oil content can pose more risk than others when both inhabit polluted areas.

More information concerning health advisories for Delaware waters can be obtained at the the following link to the Department of Natural Resources and Environmental Control, by contacting the Department at (302) 739-4506, and/or by phoning the Division of Public Health at (302) 739-4071 or (302) 739-5617.

**Delaware Fish Consumption Advisories as of June 1999**

Waterbody	Species	Geographical Extent	Contaminants of Concern*	Advi
Becks Pond	All Finfish	Entire Pond	PCBs, Mercury	No more t 8-ounce m yea
Delaware River	All Finfish	Delaware State Line to the C&D Canal	PCBs, Arsenic, Dioxin, Mercury, Chlorinated Pesticides	No Consu
Red Lion Creek	All Finfish	Rt 13 to the Delaware River	PCBs, Dioxin	No more th 8-ounce m yea
Lower Delaware River and Delaware Bay	Striped Bass, Channel Catfish, White Catfish, American Eel,	C&D Canal to Delaware Bay Mouth	PCBs, Mercury, Dioxin	No more t 8-ounce yea

ORIGINAL

	White Perch			
Tidal Brandywine River	All Finfish	River Mouth to Baynard Blvd.	PCBs	No Consu
Non-Tidal Brandywine River	All Finfish	Baynard Blvd. To Pennsylvania Line	PCBs, Dioxin	No more t 8-ounce m yea
Tidal Christina River	All Finfish	River Mouth to Smalley's Dam	PCBs, Dieldrin	No Consu
Non-tidal Christina River	All Finfish	Smalley's Dam to I-95	PCBs	No more t 8-ounce m yea
Little Mill Creek	All Finfish	Creek mouth to Kirkwood Highway	PCBs	No Consu
Tidal White Clay Creek	All Finfish	River Mouth to Route 4	PCBs	No Consu
Non Tidal White Clay Creek	All Finfish	Rte. 4 to Paper Mill Road	PCBs	No more t 8-ounce mon
Red Clay Creek	All Finfish	State Line to Stanton	PCBs, Dioxin, Chlorinated Pesticides	No Consu
Chesapeake & Delaware Canal	All Finfish	Entire Canal in Delaware	PCBs	No Consu
Appoquinimink River	All Finfish	Tidal Portions	PCBs, Dioxin	No More t 8-ounce yea
Drawyers Creek	All Finfish	Tidal Portions	PCBs, DDT	No More t 8-ounce yea
Silver Lake Middletown	All Finfish	Entire Lake	PCBs, Dieldrin, DDT, Dioxin	No More t 8-ounce yea
St. Jones River	All Finfish	River Mouth to Silver Lake Dam	PCBs, Dioxin, Mercury, Arsenic	No More t 8-ounce m yea
Moore's Lake	All Finfish	Entire Pond	PCBs, DDT	No More tha 8-ounce me year
Silver Lake Dover	All Finfish	Entire Pond	PCBs, Dioxin, Mercury	No More tha 8-ounce me year
Wyoming Mill Pond	All Finfish	Entire Pond	PCBs, Dioxin, DDT	No More tha 8-ounce me

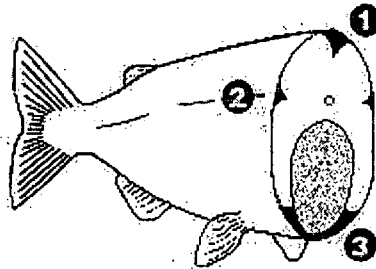
year  
ORIGINAL

\* The pollutant listed first is of the greatest concern in this system.



### Cutting Out The Risks

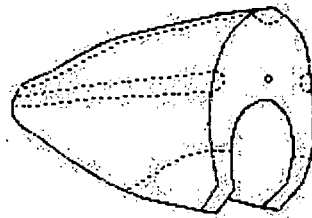
- Avoid eating fish from the waters listed in the above table.
- Eat smaller fish of a species as long as it is of legal length.
- Eat smaller portions of fish and eat fewer meals of fish.
- Women of child bearing age and children may want to avoid eating any species of fish suspected to be a problem.
- Dress and cook the fish in a manner that reduces contaminants.



Toxic chemicals tend to concentrate in the fatty tissue, shown in black above and found in the:

- 1.) Dorsal Area
- 2.) Lateral Line
- 3.) Belly Flaps

When cleaning fish, always skin it and trim away fatty areas as shown below:



Source: Michigan Department of Public Health

Reprinted with permission of Soundings Publication Inc.

[Return to the Home Page](#)



### Disclaimer

ORIGINAL

The information contained in the Delaware Division of Fish and Wildlife's Home Page is provided and maintained by the Delaware Division of Fish and Wildlife and is accurate at the time of its posting. All information and pricing is subject to change without notice.

Information contained in these pages, unless otherwise specified, is considered to be in the public domain and may be used freely by the public. This information *may not* be modified in content and then presented as official material.

Any reference from the pages of the Delaware Division of Fish and Wildlife's Home Page, to any non-governmental entity, product, service or information does not constitute an endorsement or recommendation by the Delaware Division of Fish and Wildlife or any of its employees. The Division is not responsible for the contents of any "off-site" web pages referenced from these pages.

**The Department of Natural Resources and Environmental Control is committed to affirmative action, equal opportunity, and the diversity of its workforce.**

**Copyright 2000, Delaware Division of Fish and Wildlife, 89 Kings Highway, Dover, Delaware  
19901**